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MARCH 8, 2024 | VOLUME 15 | ISSUE 6

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The path to addiction and recovery.
Page 4

KEN
PARKS
#490



ASK YOUR
VENDOR:
**HOW CAN YOU
TELL IT'S
SPRING?**

GROUND COVER

NEWS AND SOLUTIONS FROM THE GROUND UP | WASHTENAW COUNTY, MICH.

**Youth in action: Ypsilanti middle schoolers
interview candidates for Washtenaw County
Sheriff. page 6**



Ypsilanti middle schoolers who interviewed the Washtenaw County Sheriff candidates. Photo courtesy of Ken Magee.

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PROVIDING ECONOMIC OPPORTUNITIES FOR SELF-DETERMINED INDIVIDUALS IMPACTED BY POVERTY, **PRODUCING A STREET NEWSPAPER** THAT GIVES A PLATFORM TO UNDERREPRESENTED VOICES IN WASHTENAW COUNTY, **PROMOTING AN ACTION** TO BUILD A JUST, CARING AND INCLUSIVE SOCIETY.

GROUNDCOVER NEWS

Groundcover News, a 501(c)(3) organization, was founded in April 2010 as a means to empower low-income persons to make the transitions from homeless to housed, and from jobless to employed.

Vendors purchase each copy of our regular editions of Groundcover News at our office for 50 cents. This money goes towards production costs. Vendors work selling the paper on the street for \$2, keeping all income and tips from each sale.

Street papers like Groundcover News exist in cities all over the United States, as well as in more than 40 other countries, in an effort to raise awareness of the plight of homeless people and combat the increase in poverty. Our paper is a proud member of the International Network of Street Papers.

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ASK YOUR VENDOR

How can you tell
it's spring?

**When the red robin comes bob
bob bobbing along.**
— Ken Parks, #490

Because of the birds chirping!
— Mark Gigax, #620

**When you're not freezing and
you're not sweating.**
— Austin Cash, #627

**I really don't know. Nowadays
you think it's spring one day
and then it blizzards the next
day.**
— Joe Woods, #103

**The spring flowers are out and
so are the robins!**
— Cindy Gere, #279

**I look at the ground; the grass
comes, the flowers come. I can
push a stick in the ground and
it doesn't break.**
— Roberto Isla Caballero, #347

**When the birds get up before
me and the buds are on the
trees.**
— Derek Allen, #177

**You can tell it's spring to your
back, love is in the air.**
— Shawn Swoffer, #574

**When the ground is WARMER
and SOFT, and people's work
commute is getting EASIER
(and SAFER!). People and ani-
mals are playing outside. In
Michigan it's not typically com-
pletely spring until May! :O**
— Amanda Gale, #573

It's cloudy!
— Ashley Powell, #595

**Because you have more day-
light; it rains a lot and the tem-
perature changes a lot.**
— Felicia Wilbert, #234

I love dolls and the new Barbie movie

I'm really glad the new Barbie movie was made. Me and my boyfriend Richard went to see it and we both really enjoyed it. It was really colorful and musical. It was a very beautiful, playful movie. I really loved it because there were Barbies and Kens of all races, shapes and sizes.

I loved the whole movie and it had some realistic parts that I loved. I loved all the playhouses and get-togethers and parties they had. I really loved at the end when the lady who made Barbie's spirit was in the movie and we got a chance to see her.

The only thing I didn't like was the beginning when little girls



DENISE SHEARER
Groundcover vendor No. 485

were tearing baby dolls up because I love dolls of all kinds. All my life, even as an adult, I've loved all kinds of dolls. I love Barbie dolls, baby dolls, stuffed animal dolls and cloth rag dolls.

Dolls are very beautiful and cuddly. I really enjoy dolls of all kinds and books and magazines that show beautiful dolls.

One of my favorite dolls is a baby Chrissy doll. She looks real. I've watched documentaries where older adult women have dolls that they buy that look like real babies. That's a great company keeper for someone who's lonesome, or just anybody.

In a way, I'm a doll collector. But I will be careful not to be a hoarder. I share some of the dolls I collect with little girls and other people who like dolls because it's better to give than to hoard.



Happy pet sitting!



CINDY GERE
Groundcover vendor No. 279

pets require noncommercial foods. Some pets even have refrigerated foods, as well. If you overfeed a pet they can get fat.

Third is exercise. Some animals require going out for a walk or even a run to help keep their claws worn down and body healthy.

Fourth is engagement. Many animals want to play, but some animals want their alone time, such as for cats and older cats who are in pain. Remember, you are only keeping them until their owner wants them returned.

Make sure you write up a contract for all care for the animal and the agreed-upon location and time you plan on helping that person. Considering all the time, energy and care you will shower on the pet, you want to make sure you get paid for your services.

Animals are considered sacred when it comes to pets. There are many kinds, types and varieties of pets, from cats to dogs to snakes and birds. There are important protocols to consider before caring for any animal. When taking on another person's pet there are five things that must be considered.

The first is getting all the veterinarian paperwork that lists all illnesses and conditions, vaccination records, and special meds the pet must take.

The second is diet. Many animals that are exotic do have special diets to consider. You need to know what to avoid with pets that have allergies and what they need to avoid so as not to get sick. Some

Pet sitting is a wonderful opportunity to make some cash and help very busy people who need the help when on vacations and business trips. Happy pet sitting!

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The path to addiction and recovery

Growing up, I always felt as if I was a victim of circumstance, whether it was being parentless due to drug addiction or just being a pretty young girl.

I have seen the world around me and how awful things can be for those who are affected by drug addiction. The families who love those who are suffering from addiction go through a lot because all they want to do is help that person. But some people don't know how to truly help someone suffering. Often the ones who are suffering from this disease are afraid to get help or are ashamed.

I am one of those people who



MISTI DAVIS
Groundcover vendor No. 625

thought I would never be like that, especially with me having two parents who suffered from this disease,

but not until I walked the same path as them did I understand the true struggle of addiction and the mental effect it has on you as well as physical.

I was only 13 when I tried cocaine and it was fun at first because everybody else was doing it, but eventually it became not enough; I moved to crack cocaine which changed my whole life. I noticed I stopped caring about myself and about others. I became very selfish. It seems as if my days became harder. Without it I couldn't function and would do about anything just to get the crack cocaine; it took away everything and left me

with demons that I couldn't face without crack cocaine. It made me homeless and shameless, as if I was not part of civilization,

So if you know somebody who is suffering from a drug addiction, reach out and have a conversation with them. Maybe something you say might change their life; I know it did for me. I can now say I'm a proud recovering addict of nine years and it was not an easy road to become the woman I always wanted to be, a part of civilization and enjoying my life to the fullest.

Taking care of myself

Back in 2014, I was unhoused in Washington state. I had health insurance and was able to set up an appointment with a doctor. I had my first colonoscopy. After the appointment, my doctor told me to come again in five years for a check-up. Unfortunately, I could not come back to this doctor because in 2019 I was no longer living in Washington. Since 2014 I have been moving around the country staying in Chicago, Arizona, Idaho and Michigan.

Now that I am back in Michigan, I once again have health insurance through the help of my Community Mental Health case worker. I was able to schedule an appointment on February 28 to have my next colonoscopy. Because I needed



ROBERTO ISLA CABALLERO
Groundcover vendor No. 347

anesthesia and time to rest, my case worker got me a hotel for three days. Besides my colon, I also would like to have my chest checked out and hope to schedule an appointment for this soon.

My grandmother, my aunt and my uncle all died from cancer. This is one reason why I need to see the doctor to make sure my health stays good, and so I can catch any issues early. I do my best to keep my personal hygiene clean because I know this helps with my health. I do have to watch my cholesterol but fortunately I am in good health overall.

I think it is important to see the doctor and I am happy I have Medicaid so that I can. I am still unhoused, and I have to look out for myself.

Author's note: My colonoscopy results came back and I have good news to share: I am a cancer survivor! In ten years I will return for another preventative test.



Roberto and new vendor No. 631 Marc Robinson (pictured right) at the Groundcover office.

Who are "the homeless?"

SCOOP STEVENS
Groundcover contributor

It is not uncommon these days for someone to solicit me for money under the pretext of helping "the homeless." I will give them \$2 if I can afford to; this will not alleviate their homeless condition but it will give them enough money for a 24 ounce beer at the Main Street Party Store.

A common expression these days is: feeding the homeless. Wouldn't it be better to feed the hungry and house the homeless?

A real zinger coming from Westland, Michigan where I experienced long term homelessness, was that I was told that I chose to be homeless. If this was

true and I had some type of moral defect that made me choose to be homeless then I would have abandoned my public housing apartment (Miller Manor) in Ann Arbor Michigan and lived on the streets instead. The fact of the matter is I choose to spend most of my time at home because of the assurances of 4th Amendment of the U.S Constitution.

There is a great deal of intellectual dishonesty concerning homelessness, everyone seems to have their schtick, including Groundcover. It has become a self-evident truth that our economic system causes a great deal of injustice including homelessness and we need a new economic paradigm.

Eamonn Ofoighil



The earth is my witness

Siddhartha Gautama became the Buddha around 528 BCE (before the Christian era) at the age of 35. Buddha, the fully enlightened one, was called Shakyamuni, the sage of the Shakya clan. Society was transitioning from tribes to republics in India, so he was born in the city of Lumbini, in the republic of Shakya as a prince. He left that life to be a truth seeker. When he came to full and complete enlightenment he was challenged by the hosts of illusion led by Mara. Google Search wanted help to explain Mara, who represents the world of appearances and its illusory nature for those who want a more complete understanding of reality.

Appearances can distract anyone from their most profound experience because they seem so compelling. Mara said, "You cannot do this!" and "Who is your witness?" Buddha touched the earth and said, "The earth is my witness." You may have seen the famous Buddha statue as he touches the earth. Showers of flowers and a chorus of voices came forth bearing witness to his "awakening."

The earth is always bearing witness and our lives depend on this witness and how we relate to it. As we tune into our bodies and our intimate relationship with the earth we can mature in a good way. This year is the 50th Dance for Mother Earth Powwow. It will be at Skyline High School on March 23 and 24. It is the weekend after the spring equinox and the weekend before Easter.

It is an auspicious time to tune into our bodies as an expression of Mother Earth and feel the vast interrelatedness of water, earth, air and sun and the infinite number of sentient beings in countless world systems. Our interrelatedness is increasingly clear as technology plays with rats, mice and viruses to learn the secret of life. The feedback can be shocking and we will learn when we dare.

There is good science beyond bureaucratic compliance culture; anything that helps us know and be at home in our bodies. Healthy, happy and holy is the goal.

The coming powwow will be a great opportunity to tune into yourself and the community, to feel the rhythm of the drums and dance with Mother Earth.

The Native American Student Association at the University of Michigan has been working diligently from the beginning of the school year to prepare for the 2024 powwow. We can prepare ourselves now to attend and learn the importance of an indigenous-centered life. Any human being who looks deep into their heart will



KEN PARKS
Groundcover vendor No. 490

feel some connection to the original people of the earth under our feet. Look at the sign on Chapin Street in West Park: "Who Walked Here Before You."

I recommend "The Dawn of Everything" for its more complete view of archeological research that explores some of the many civilizations of "prehistory." There is a Downstream podcast which summarizes "Everything We Think We Know About Early Human History Is Wrong." Homo sapiens have been on this earth for 200-300 thousand years. There are still mysteries to be explored so let us honor all creation stories and celebrate that we are here. "Our Fires Still Burn" is a good documentary by Audrey Geyer about the survival and persistence of original peoples in North America.

Peoples of European heritage have mostly lost their indigenous connection as they adopted the supremacy of the rational mind and narrow individualism. The vision of progress that comes with this materialistic determinism continues to plague us with unintended consequences.

Since 1990, neoliberal globalism is in its latest phase. Yanis Varoufakis calls out a new development, naming it "cloud capitalism" in his book "Technofeudalism: What Killed Capitalism." Yanis was the Greek finance minister at the time of the country's economic meltdown after 2008. He speaks of cloud capitalism as the high-tech imaginary realm which concentrates power into fewer hands and the info warfare insistence that there is no other choice. David Rogers Webb mastered the financial world, especially mergers and acquisitions, and offers us important observations in "The Great Taking." This book and podcast educates us how "secured investors" can legally seize all property rights in a crisis. The struggle continues. Keep your eyes on the prize. The answer is under our feet.

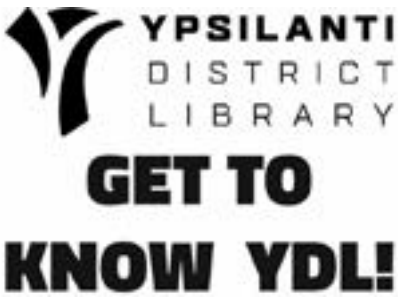
We have some 350 years of history to compost since the creation of

capital and its deification, the sacrifice of life to this idol. This is a necessary process for those with open hearts and minds willing to engage in the struggle for deep freedom and discover who we are as human beings. I believe Groundcover News will have a table at the powwow where we can meet; there will be many tables and displays, including food. Let's celebrate and dance!

The awareness of freedom gets a lot of lip service on the Fourth of July. If we are honest with ourselves we will recognize that the great advances of dignity and freedom after the American revolution came from the abolitionist, labor, civil rights and peace movements. It may look like capitalism has won complete victory but the end of history will be at the end of time, and the challenge of our time is to understand the seamless nature of past, present and future in the context of timeless time. Only unconditional love can help us make sense of the chaos and suffering we experience. Composting all our garbage, including the sins of commission and omission is an important skill to study and master.

Mindfulness training is good for this challenge. We must turn to our ancestors, the elders and lineage holders among us, and practice with spiritual friends towards a calm and clear social awareness that promotes creative struggle. There is plenty of work to do individually. Please come to the powwow and tune into the rhythm of Mother Earth.

I have just discovered Willow Run Acres. T.C. Collins is a farmer, gardener, educator and organizer whose roots are deep in the African diaspora. His work is bringing earth and community together in Washtenaw County. I see a growing awareness that industrial food is a war on the earth and our bodies. We are approaching cancer as if it is as inevitable as the common cold. We have healing work to do. The earth is here for us. Let us bear witness together!



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Details at ypslibrary.org/events.



Youth in action: Ypsilanti middle schools interview candidates for Washtenaw County Sheriff

On February 22 I had the pleasure of attending an event, invited by Dr. Anna Gersh (who I met when she joined the board of directors of Groundcover News when I was also a board member), to sell and represent Groundcover News. Being a salesman, at first my mindset approaching the event was just based on the selling, not really knowing what the event was about. After attending, I found out that it was the Youth Lead Community Forum on the Washtenaw County Sheriff. It was an idea Gersh had that she activated through her organization called the One Love Symposium, which co-creates and co-facilitates exciting and unique learning events for all.

With an election coming up for a new sheriff in November, Dr. Gersh thought the forum was a good civic learning opportunity for young people. She pitched the idea to Keith Johnson, a math teacher at Ypsilanti Community Middle School, who had worked with her previously on another research project, and he thought that



JOE WOODS
Groundcover vendor No. 103

it was a great idea. Bringing the idea to the principal of the school, Charles Davis, and him liking the idea also got the students on board. From October through December 2023 they had pizza and met once a week in Mr. Johnson's classroom for an hour and a half. After December, they met twice a week and the students took a stronger interest because they started learning stuff about the program.

After four months of meeting it was showtime. About 200 people attended, 150 free community meals were served,



Ypsilanti middle schoolers who interviewed the Washtenaw County Sheriff candidates. Photo courtesy of Ken Magee.

and 14 community partnerships were represented in the vendor corridor. The Ypsilanti Community Middle School choir performed. During the event the students asked the new candidates running for sheriff great questions about the community and voiced their opinions.

Despite these being middle school students, they asked the candidates Alyshia Dyer, Derrick Jackson and Ken Magee thoughtful questions such as:

- How are you going to engage the community to gain their trust because of issues going on within law enforcement?
- What are you going to do about crime?
- How are you going to deal with people with mental illness?
- What are you going to do to make the community feel safe with law enforcement?

It was a great experience to see the community come together with the youth and more importantly, how these young adults asked intelligent questions and displayed their talents.



Joe Woods and Anna Gersh (pictured right), one of the organizers of the event.

Hone your power of persuasion!

ASHLYN VICTORIA and LAWRENCE MOEBS
Huron Valley Toastmasters

Have you ever had an excellent idea, but when you tried to bring it to the table, it was completely overlooked? If so, know that you are not alone! As many of us know, it can be frustrating not to be heard, especially if your issue is extremely important.

What would you do if you could reduce (or avoid) the possibility of this happening? What if you could supercharge your ability to inspire action? Well, here is your opportunity.

Huron Valley Toastmasters, a diverse, inclusive group dedicated to improving leadership and public speaking

skills, is putting on a free series of online workshops (we call it a "Speechcraft") that will allow future changemakers to hone their persuasion skills. Although there are many techniques for improving these skills, this Speechcraft will focus on a technique called Monroe's Motivated Sequence, a persuasive structure to guide listeners into action.

This Speechcraft will be broken into four hour-long online sessions:

Session 1: Honing Your Power of Persuasion: An Overview of Monroe's Motivated Sequence in 5 Steps

Session 2: Monroe's Motivated Sequence: Steps 1-3 in depth

Session 3: Monroe's Motivated Sequence: Steps 4-5 in depth

Session 4: Review, Discussion, Application, and Ethics

The sessions will take place every Sunday (except March 31) via Zoom from March 24 to April 21. Each session will be on Zoom, and will run for an hour, from 3 p.m. to 4 p.m. While beneficial, attending every session is not required. Each time you attend, you will have the opportunity to interact with a friendly, experienced Toastmaster (and hopefully a lively group of aspiring changemakers!) to build your persuasion skills and further your cause.

No matter who you are, we at Huron Valley Toastmasters welcome you to sign up for this free Speechcraft! To do so, please scan the QR code to find our

Linktree (or type the following link into a search engine: linktr.ee/huron-valleytoastmasters). There, you will be able to sign up for each of the four sessions individually. We look forward to meeting you!



The Motor City welcomes back the Detroit Shock

To sports and basketball fans and ALL people! Do y'all remember the Detroit Shock basketball team? If not, then I'll refresh your memory. The Detroit Shock was a Women's National Basketball Association team based in Auburn Hills, Michigan. They were the 2003, 2006 and 2008 WNBA champions! But, in 2009 the Shock were relocated to Tulsa, Oklahoma and then in 2016 moved to Dallas, Texas where they were playing under their new name, the Dallas Wings.

So, we all been missing the Shock the last 15 years in the Detroit area. However, I have exciting news! The Detroit Shock are BACK as part of the new Women's Basketball League. Recently, I met up with their General Manager and coach, Coach Bill Schnorenberg. Here are the main points from our meeting:

First, he talked about the many championship basketball teams he



HOSEA HILL
Groundcover vendor No. 532

has coached. Yay, we can expect/anticipate more championships in Detroit soon!

- First game should be June 1 of this year.

- The team will be incorporating a playing style similar to that of the Detroit Pistons Bad Boys team (known for their dominating defense play style in the NBA).

- Coach said the team's best skills

are "Defense and Run;" they will always be in attack mode!

- The team goal, according to Coach Bill, is "To NOT lose a game but WIN a championship."

- Watch in-person games in at the Wayne State University Field House basketball arena in Detroit.

So, we are excited and thrilled this season. Let's go out to welcome back the Shock and support them.

Thank you for supporting Groundcover News. I will be following the Shock team and updating everyone on their process in upcoming Groundcover issues.

If you would like to listen to my interview/meeting with Coach Bill, then search YouTube for "Groundcover Detroit Shock" and enjoy! Also, I have some copies on CD, just request a CD from me (hosea.rap@yahoo.com) or Lindsay Calka and we will try to get that for you. Stay blessed!



General manager and coach of Detroit Shock, Bill Schnorenberg (pictured right) and Hosea Hill at the Graduate Hotel in Ann Arbor.

Questioning the role of social norms in fulfillment

Regardless of whatever perceived role you play in the world, do you feel like you have fallen short of greatness you should have been destined for? Then you are one of many people occupying this world of silly and fantastical dreams that give the impression of some unidentified sense of competition, regardless of the nature of your character. This seems to be prevalent in most cultures, some more than others.

Believe it or not, there are some tribes in Antarctica that value social unity versus the blatant one-upmanship found in Western culture. These are people with a very small population and they are quite isolated. The nature of their situation very likely requires cooperation for survival. It goes without saying that this is definitely not the case in our society. You could go so far as to say that this driven need of superiority over our peers could be viewed as a condition forced upon us, that regardless of our individual beliefs and ideologies the acquisition of wealth has been of the greatest importance in social norms. For people to be considered worthwhile in Western countries, monetary success is thought to be necessary.

Generally we all desire happy productive lives, especially when one can acknowledge what a gift and blessing sentient life can be. Naturally, upon such a consideration you certainly wouldn't intend to squander it. Yet we find such privilege in a world that



JAMES MANNING
Groundcover vendor No. 16

we're told has various conditions. You can be born into an assured paradise with endless possibilities, or the seemingly opposite side of the coin, the pure misery of a hell where you are condemned regardless of any actions you might take to mitigate the economic disadvantages dealt at birth. This can make life appear to be glaringly unfair and can psychologically condition people to experience limitless promise or inescapable despair. These experiences can further compound the belief that your life is rigged to follow some predestined path. Also these can be factors that would ultimately shape a person's outlook and even their personality.

However this entire mind-warping mess can all be attributed to the type of world you find yourself living in. Especially if it is one that drills into your head that material gain is your only route to happiness. But this is not always the case with all people for a simple reason that we can easily

overlook: these imposed conditions and laws that seem to keep you on some predestined path are not laws of nature, nor a law of our observable universe. It's nothing more than the law established by the people who wield the largest measures of power. They are more or less dictators, whether pulling strings in obscurity or in your face 24/7. They're dictators and self-appointed gods of these warped values; sadly it's a very effective illusion. And so we navigate our lives in a way that can seem like a race to obtain greater wealth believing it will profit our existence. Yet what's funny is that many of us fundamentally know this is not always the case.

Of course the achievement of wealth and power, while appealing to most, may not always play a vital role in an individual's desires. So why is it so damn prevalent? That's a question that utterly drives me up the wall. Is this perhaps some form of Darwinism at

play? People simply imitating actions that have proven beneficial to others? Is such behavior a major factor of the way things work? Or is it a small part in some complex design intended to manipulate a populace? It's something so perplexing and far-reaching — and yet powerless over certain people, especially where a person's definition of value is concerned. Some people see value in rare metals and other representations of currency, while others stake worth in more crucial needs of life such as the air we breathe and food we consume.

This article isn't intended to provide any answers or life-changing insights. This is just an acknowledgment of the endless questioning and searching all of us share and of identifying what is truly important in the limited time we are given. I highlight the unending human inquisitiveness into the nature of existence. Life is what you make it.

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Harlem renaissance: a revolution in Black cultural expression, art and aesthetics

The Harlem Renaissance transformed American culture, art and aesthetics. In fact, the new cultural expression in 1920s Harlem (part of the Manhattan borough of New York City) laid the groundwork for better race relations and the genesis of a post-war civil rights movement in the 1950s and 1960s. According to History.com, “The Harlem Renaissance was a golden age for African American artists, writers and musicians. It gave these artists pride in and control over how the Black experience was represented in American culture...”

Henry Louis Gates Jr. of Harvard says that by 1910, Harlem was home to upper class white New Yorkers. History.com says that “From 1910 to 1920, African American populations migrated in large numbers from the South to the North ... By 1920, some 300,000 African Americans from the south had moved north, and Harlem was one of the most popular destinations for these families.”

Black Scholars' Perspectives on Harlem Renaissance

In a short documentary produced by Henry Louis Gates and his colleagues, four scholars of the Harlem Renaissance shared their perspectives. They include Professor Gates, author/journalist Isabel Wilkerson, and Columbia historians Farah Griffin and Brent Hayes Edwards. Their viewpoints are shown below:

Henry Louis Gates: “The Harlem Renaissance is one of the most iconic cultural periods in African American history. Throughout the decade of the 1920s, Black writing, art and music flourished, ushering in a cultural revolution that rocked the United States ... Amidst the fervor of the ‘Great Migration,’ bold, exciting forms of Black music evolved, along with venues to listen and dance to this music. Blues and jazz clubs became the central part of life in Harlem where artists such as Louis Armstrong and Duke Ellington, Bessie and Minnie Smith rose to prominence. The era also saw the burgeoning of literary work by and about African Americans, which the writer Alaine Locke compiled into an anthology. He called it ‘The New Negro,’ and its name came to define a movement.”

Farah Griffin: “One of the most important factors that accounted for the rise of what we know as the Harlem Renaissance is the migration of Black peoples from the south to urban



centers like Harlem ... Sometimes, in repressive times, we create the most extraordinary art ... The Harlem Renaissance is a facet of a larger movement that we think of when we say ‘Negro Movement,’ where you have a new generation of Black people, by this point two generations out of slavery, using the art as a way to help people gain broader civil and political rights.”

Isabel Wilkerson: “The Jim Crow era began after Reconstruction, and every Southern African American had to think about what we should do. Should we go? Should we stay? For many of these people, it was a matter of life and death literally ... The Harlem Renaissance is the flowering of creativity that had been suppressed for centuries. People had the sense that things were opening up, and finally, finally, finally, we can be the people that we imagine ourselves to be.”

Brent Hayes Edwards: “Some of the framers of what became the Harlem Renaissance make the argument that the artistic work of the people has to be proven by the worth and literature that they produced, especially for a people that historically, over the centuries, have been defined as without culture, without history and without any record of achievement.”

Conclusion — Impacts and Legacy

The Harlem Renaissance changed America in more ways than one. Key figures who made a significant difference include Langston Hughes, Zora Neale Hurston, Nelli Larson, Paul Robeson, Alaine Locke, Oscar Micheaux, Arturo Schomberg, Louis Armstrong, Duke Ellington, W.E.B. Du Bois, Marcus Garvey, Josephine Baker, Countee Cullen, Cab Calloway, Bessie Smith, Fats Waller, John Bubbles and Bill “Bojangles” Robinson. The night life at the Cotton Club and the Savoy received tremendous cross-over appeal between white and Black patrons. Jazz and blues



Left: **Duke Ellington** was one of the original **Cotton Club** orchestra leaders. Right: **Author Zora Neale Hurston**.



The Cotton Club, Harlem, New York City, early 1930s. Photo credit: *Science History Images, Encyclopædia Britannica.*

music became huge sources of entertainment. Black filmmakers such as Oscar Micheaux produced movies which depicted the lived experience of Black people in Harlem and the injustice of racism and the oppressive Jim Crow system.

Some of the historians and scholars cited in this article believe that the Harlem Renaissance provided America’s white society the opportunity to interact with Black people in clubs, theaters, movies, literary forums, shared community spaces and, of course, through New York City’s large public transportation system. The commingling of the races in Northern urban centers such as Harlem meant that the 1896 Supreme Court “Separate but Equal doctrine” decided on Plessy v. Ferguson were negated in Northern cities. Plessy was ignored by revelers in Harlem and other places in the north. The generations after the Harlem Renaissance have encouraged more integration of the races, and more inclusivity of diverse ethnic communities.

About 100 years later, the music, the

visual art, the performance art, the literature, the architecture and the aesthetics of the African American community are thriving in every corner of America’s society. According to the Pew Research Center, younger Americans such as the Millennials and Generation Z learned to value racial equality, racial justice, and of course, DEI — Diversity, Equity and Inclusion. That’s the legacy of the Harlem Renaissance.

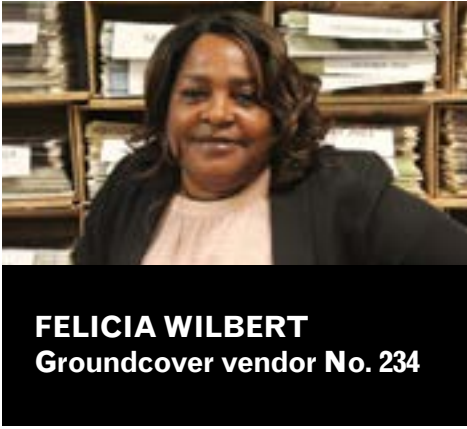
The Harlem Renaissance came to an end in the mid-1930s. The reasons for the collapse, according to some historians, were the stock market crash of 1929 and the Great Depression. In addition, during the Works Progress Administration, the government encouraged people to look for jobs out west, and leave the cities like New York and Chicago. The Harlem area went through a demographic change. But well-known people such as the Beatles and the Rolling Stones have given credit to the music of the Harlem Renaissance for rock’n’roll and other musical genres. The influence of the Harlem Renaissance continues on.

Truth or lies: Samuel and Waymeans

In 1945 Samuel and Martha Waymeans were known for their famous peanut recipes. They lived in the city of Cridden, Georgia on a 400 acre farm with lots of peanut plants and fruit and nut trees. They made peanut butter, peanut sauce for any meat, peanut butter cookies, peanut brittle and peanut butter ice cream. The farm offered a variety of fruit preservatives and Spanish peanuts, walnuts, pecans and hazelnuts. Samuel and Martha were wise people who had a little country store on their farm. They would often give to the community.

They reared five children on their farm and had 17 grandchildren. The couple did not support slavery, hiring anyone who was willing to work for an honest living. Everyone had come home to visit and help with the store and farm except their only daughter, Julie. She was the only child who moved out of state. She lived with her husband until he was called into the war. They had one son named Sam. After losing her husband to the war, she decided to work instead of returning home to Georgia and became a Ford employee. Her job at Willow Run was very demanding due to the war.

Julie helped build the B-24 Liberator, according to her own account. The job made her feel very independent and important. Julie felt that



she was making a difference knowing that the work she did would make history one day. After the war was over she decided to go take her son to see his grandparents.

Julie drove her son to her parents’ farm. She explained to him all about the farm on the ride there.

When they got out of the car, Sam said, “What are these trees? It’s lots of trees! And what are those fields?”

Julie laughed and said, “Nut and fruit trees, and peanut fields, son.”

Her parents, brothers and cousins were very happy to see her and her son. Grandma and grandpa were taking turns, showing him the farm. Grandpa rode him on a tractor all around the land, explaining all the trees and peanuts. Grandma took him in the kitchen and showed him her secret peanut sauce recipe.

Sam was so exhausted when he

went to bed, he laid there thinking, “Wow, everything you can do with peanuts!” He never paid attention to peanuts. He only ate them living in the city. Sam had a very exciting summer playing with his cousins, learning the farm and learning how to cook with peanuts. He did not want to leave. However, he had to return to his home in Michigan for school.

Before he left, his grandmother gave him her secret recipe and said, “I am trusting you with my recipe — keep it with you always. When you

get married, share it with your wife.” Sam felt honored, knowing he had his grandmother’s secret recipe.

Each summer until he was grown they returned to the farm. He learned so much. Once he decided to get married, the recipe was sewed on a handkerchief. Samuel had it cleaned and wrapped in a red velvet box with a red bow. It was a present to his wife. Even though his grandparents had passed away, he was grateful for the times he spent learning about the peanuts, how to preserve fruit and the love they gave to him.

.....

Martha's peanut sauce

Ingredients:

- 1/2 cup homemade peanut-butter
- 1/3 cup Soy Sauce
- 2 tbsp sesame oil
- 2 tbsp rice vinegar
- 2 tbsp chili paste

Directions:

- Blend all the sauce ingredients together until smooth. To make one cup of peanut butter, crush and blend Spanish peanuts until smooth.

Thanks Groundcover News readers, Mr. Lover
Lover was TRUE.

.....

What is spring

D.A.
Groundcover contributor

Spring is a season
I’ve just begun
While a long time ago it seems
I Sprung into action
Spring is all sorts of things
It’s the renewing the present hour
It’s the beginning season of a Spring flower
You can’t always Spring forth warring against principalities and powers
While people live in the streets during the Spring Night hours
Condominiums sit at the very same corners as the homeless too, an upward Springing tower
Not meant to house the one sitting down next to the Spring rain in the ditch
I’m not Springing the idea that it’s a negative thing to be rich
I Spring out my door, head hung down
Can’t look up cause my woes Spring up and cast me down
When is Spring gon’ come forth and let the sun in my heart shine?

A day in the life of Earl

EARL PULLEN
Groundcover contributor

U can’t forget
What u never knew
As you love
Me
Like I love
You from
Dreams
Of old and
Days of new
The facts
Of life
Aren’t
Red or blue
Both are all of
Love when I
See you as
You cry and all
I can say
Is I love
You

Spinach cheese lasagna

ELIZABETH BAUMAN
Groundcover contributor

Ingredients:

1 package (10 ounces) frozen chopped spinach, thawed and drained (squeeze excess water out)*
15 ounces ricotta cheese
1 cup freshly grated Parmesan cheese, divided in half
1 egg
¾ teaspoon salt
¼ teaspoon ground pepper
4 to 5 cups of your favorite spaghetti sauce
10 to 12 lasagna noodles, uncooked
8 to 12 ounces shredded mozzarella cheese
¾ cup water
*I like to use fresh spinach, ½ pound chopped (stems removed)

Directions:

Combine the spinach, ricotta, ½ cup Parmesan, egg, salt and pepper in a large bowl and mix thoroughly. Spread ¾ cup spaghetti sauce in a greased 12x8x2-inch pan.

Arrange lasagna noodles side by side and one noodle crosswise to fill in the pan. Spoon half of the spinach-cheese mixture over noodles and



spread evenly. Sprinkle with half of the mozzarella cheese and 1 ½ cups spaghetti sauce. Repeat layering ending with spaghetti sauce on top. Sprinkle the casserole with remaining Parmesan cheese.

Run a knife around the edges of the casserole and carefully spoon water around the edges. Cover TIGHTLY with foil, crimping edges. Bake in the oven at 375 degrees for one hour 15 minutes or until noodles are tender. Allow to stand for 15 minutes and then cut into squares and serve hot.

This is a family favorite, so good in the winter with fresh spinach. I use a very simple homemade spaghetti sauce but store bought jars also work!

PUZZLE SOLUTIONS

3	1	8	7	4	9	5	6	2
7	6	5	2	1	8	3	9	4
2	9	4	6	5	3	8	7	1
8	4	3	1	7	5	6	2	9
9	5	2	3	6	4	7	1	8
1	7	6	9	8	2	4	5	3
6	8	7	4	9	1	2	3	5
5	3	9	8	2	6	1	4	7
4	2	1	5	3	7	9	8	6

C	A	N	S		C	H	I	D	E		S	C	A	M
O	R	E	O		A	U	D	I	T		P	E	R	U
S	E	C	O	N	D	H	A	N	D		U	R	G	E
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L	O	R	D		S	Y	R	I	A		Y	S	E	R



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10:00 am In-person
and via Live Stream